



# Children's Mental Health Services

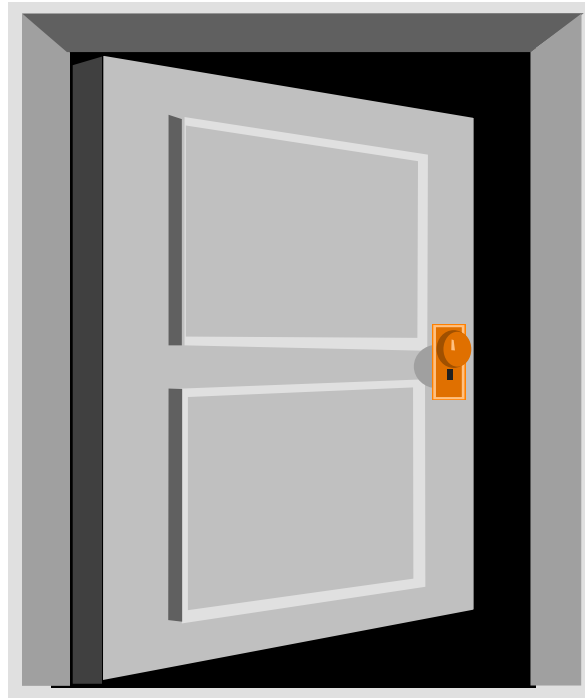


## Provider Resource Manual

San Diego County Health and Human Services Agency

# The Access and Crisis Line

Crisis Intervention  
Mental Health Information and Referral  
Suicide Intervention  
Resources



24 hours a day, 7 days a week

- Professional Counselors Will Answer Your Call
- Multi-Lingual Capability Through AT&T Language Line Services
  - Spanish Speaking Counselors Available
- The Access and Crisis Line is able to make referrals to the entire system including individual contracted Fee For Service providers

**"It helps to talk it over"**

**(800) 479-3339**

TTY for the Deaf and Hard of Hearing (619) 641-6992

San Diego County  
Health and Human Services Agency  
Children's Mental Health Services

Provider Resource Manual  
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## Introduction

The County of San Diego, Health and Human Services Agency Behavioral Health Services administers Children's Mental Health Services. This provider resource manual describes the services currently funded by the County of San Diego, which include County operated and contracted programs.

P.O. Box 85524  
SAN DIEGO, CA 92186-5524  
VOICE (619) 563-2750  
FAX (619) 563-2775

### **Access and Eligibility for Services**

County funded mental health services are intended for children and adolescents who are either experiencing a mental health crisis (such as depression, suicidal thoughts, extreme anxiety) or who require mental health services in order to function in school, at home or in the community. Generally services are targeted for the medically indigent and Medi-Cal populations. All services are rendered without regard to race, color, creed, or disability. Individuals and professionals may make direct contact with any of the resources listed in this manual. ***However, it should be noted that, in some cases, access to services is managed through specific procedures and may be limited to certain special populations.*** Where possible, this information has been included in this manual. If in doubt about eligibility or how to access services, please contact the Access and Crisis Line at **(800) 479-3339**.

### **Fees and Funding**

Mental health services provided through the County of San Diego are financed through Medi-Cal, patient fees, private insurers, County general funds, State funds, and specialized grants.

Anyone may receive treatment from San Diego County mental health programs regardless of financial status. Fees for services are based on income and the number of family members in the home. This Uniform Method for Determining Ability to Pay (UMDAP) is mandated by the State. Medi-Cal, Medicare, and other insurance coverage will be taken into account in determining the individual's monthly payment. *No person who otherwise qualifies for services will be turned away due to lack of funds.*

### **Access to Language Services**

Clients have a right to free language assistance in a language they understand. Clients have the option to choose or use a family member or a friend as an interpreter. Clients shall be provided interpreter services as a part of their therapeutic services. The client/family are not expected to provide their own translator.

All Mental Health programs have access to translators.

**San Diego Network of Care – <http://www.sandiego.networkofcare.org/mh>**

This Web site is a resource for individuals, families and agencies concerned with mental health. It provides information about mental health services, laws, and related news, as well as communication tools and other features. Regardless of where you begin your search for assistance with mental health issues, the Network of Care helps you find what you need - it helps ensure that there is "No Wrong Door" for those who need services. This Web site can greatly assist in our efforts to protect our greatest human asset - our beautiful minds. Information is available in Spanish, Cantonese, Russian, Tagalog, Vietnamese and Cambodian.

This manual was revised by Edith Mohler. If you have any revisions, edits, and or comments, please call 619-563-2746 or e-mail at:  
[edith.mohler@sdcounty.ca.gov](mailto:edith.mohler@sdcounty.ca.gov)

# **Children's Mental Health Mission/Vision Statement**

## **Mission**

The mission of Children's Mental Health Services is to advance a rich array of services delivered through an integrated, community-based, mental health System of Care that enables children and adolescents to achieve positive outcomes. These desired outcomes are the basis for the goals of the System of Care:

- ◇ Children and youth live at home or in home-like settings.
- ◇ Children and youth stay out of trouble
- ◇ Children and youth are successful in school
- ◇ Children and youth are safe

## **Vision**

Children's Mental Health Services (CMHS) works with a broad constituency of stakeholders to build a community of families, neighbors, schools and child serving agencies, that fosters physically and mentally healthy children and adolescents, maximizes their potential in school and in the home, and prepares them to be productive and responsible adults.

## **Advocacy and Support Services**

Advocacy services are crucial to ensuring that the mandated rights of children, youth, and their families are protected and that complaints and grievances are satisfactorily resolved. Support services offer families and their children the opportunities to share their concerns with other families and mental health professionals.

### **Consumer Center for Health, Education and Advocacy (877) 734-3258**

1475 6th Avenue, 4th Floor  
San Diego, CA 92101

**Hours:** M, W, Th, F 9:00-5:00, Tu 9:00-8:00, Sat 10:00-2:00  
**Population:** Children and Adults  
**Service:** Assistance with obtaining, using and resolving problems with health insurance  
**Specialty Populations:** NA  
**Parent Organization:** The Legal Aid Society

### **Family and Youth Roundtable (619) 546-5852**

3320 Kemper St. Suite 201  
San Diego, CA 92110

**Population:** Children, youth and families  
**Service:** Coaching, Training, Consulting that supports partnerships with public child-family serving agencies, service providers, researchers and families/youth  
**Specialty Populations:** NA  
**Parent Organization:** Family and Youth Roundtable

### **Parent To Parent Services (858) 684-3080**

611 35<sup>th</sup> St.  
San Diego, CA 92101

**Hours:** M-F 9:00-5:00 Parent Partner on call  
**Population:** Parents of clients of the South East Mental Health Clinic  
**Service:** Parent support and training, family advocacy, information and referral, support services. Provides Give A Day Respite Program, which is a parent cooperative with wraparound families. Provides a Tapestry Program-parent partners/wraparound facilitators to the southeast San Diego community  
**Specialty Populations:** NA  
**Parent Organization:** Harmonium, Inc.

## **Partners Program (619) 525-9903**

2250 4<sup>th</sup> Ave, Suite 301  
San Diego, CA 92103

- Hours:** M-F 9:00-5:00 Office hours/ Family Youth Support Partners available 24 hours a day
- Population:** Up to age 18 years old, Severely Emotionally Disturbed, currently receiving mental health services.
- Service:** Provides additional support and linkage to other services and community resources to children/youth and their families receiving mental health treatment using a wraparound approach (countywide). Provides cultural/linguistic services: Full time Spanish speaking Family Support Partner, ability to access interpretation services
- Specialty Populations:** Homeless youth and families
- Parent Organization:** San Diego Youth and Community Services

## **USD Patient Advocacy Program (619) 543-9998 (800) 479-2233**

5384 Linda Vista Road, Suite 304  
San Diego, CA 92110-2635

- TDD for Hearing Impaired:** (619) 543-9980
- Hours:** M-F 8:00-5:00
- Population:** Children and adolescents
- Service:** Patient advocacy and protection of patient's rights when in 24-hour programs. Handles patient complaints and ensures that mandated rights are protected
- Specialty Populations:** NA
- Parent Organization:** University of San Diego - School of Law



## **Case Management**

Case management services involve one-on-one help in connecting with needed community resources, such as educational programs, financial benefits, treatment services, and other social services. The following programs are designed to serve special, designated populations. Case management services for AB2726: See Special Education Services in this booklet.

### **Cabrillo Assessment Center (619) 224-4642**

3425 Kenyon St.  
San Diego, CA 92110

**Hours:** M-F 8:00-6:00, program hours vary. 24 hour assistance available  
**Population:** Children and adolescents age 5 to 18 (with exception, up to 21 years of age) who are in out of home placements, in change of placement situations or at risk of removal from home, foster home, or group home setting. Must be receiving services through HHSA, be full scope Medi-Cal, and meet medical necessity. Referrals made by HHSA  
**Service:** In-home comprehensive assessment, mental health services (individual, family, and group therapy), case management, and behavior management strategies  
**Specialty Populations:** Transition Age Youth, Youth Gay/Lesbian Transgender  
Juvenile Court Dependents  
**Parent Organization:** New Alternatives

### **Families Forward (858) 380-4676**

9445 Farnham St., Suite 100  
San Diego, CA 92123

**Hours:** M-F 8:00-5:00 office hours / 24 hours availability  
**Population:** 6-18 years old, severely emotionally disturbed  
**Service:** Provides regionalized home intensive case management and mental health services, utilizing the wraparound approach. Medication services and crisis intervention  
**Specialty Populations:** Juvenile Court Dependents, Juvenile Court Wards, AB 2726  
**Parent Organization:** Mental Health Systems

**Fred Finch Youth Center**  
**Comprehensive Assessment and Stabilization Services (CASS)**  
**(619) 281-3706**

6160 Mission Gorge Road Ste.200  
San Diego, CA 92120

**Hours:** M-F 8:00-5:00  
**Population:** Seriously Emotionally Disturbed children and adolescents under the age of 18, reside at home, foster care, small group home (6 or less) and are at risk of change of placement to a higher level of care  
**Service:** Assessment, evaluation, case management treatment (including Evidence Based Practices), case consultation and other needed mental health interventions. Referrals are made by Child Welfare Social Workers  
**Specialty Populations:** Children who are dependent of the Court  
**Parent Organization:** Fred Finch Youth Center

**Transitional Services Program**  
**(858) 277-7955**

2815 Steele Canyon Road  
El Cajon, CA 92019

**Hours:** M-F 8:30-5:00  
**Population:** Medi-Cal children & adolescents who have been psychiatrically hospitalized  
**Service:** Intensive case management, linkages to mental health services and community resources. Home-based mental health and case management services  
**Specialty Populations:** Transition Age Youth, children under the age of six, Juvenile Court Dependents  
**Parent Organization:** New Alternatives

## **Crisis Services**

24 hour crisis response. Crisis services include emergency psychiatric care and crisis intervention counseling. Programs that serve Children, Youth and Families in crisis are able to respond quickly to urgent needs such as support, information, counseling, medication, and referral to other resources.

### **Emergency Screening Unit (ESU) (619) 421-6900**

730 Medical Center Ct.  
Chula Vista, CA 91911

**TDD for Hearing Impaired:** (619) 591-4323

**Hours:** 7 days - 24 hours

**Population:** Children & Adolescents

**Service:** Emergency psychiatric evaluation, including screening for inpatient hospitalization, crisis stabilization, brief outpatient therapy, medication evaluation and management, telephone crisis intervention and referral

**Specialty Populations:** All psychiatric emergencies are seen

**Parent Organization:** County of San Diego

### **Rady Children's Hospital San Diego Outpatient Psychiatry Behavioral Crisis Center (760) 730-5900**

2125 S El Camino Real, Suite 200  
Oceanside, CA 92054

**Hours:** M-F from Noon-8:00 PM

**Population:** Unserved, uninsured and underserved Seriously, Emotionally Disturbed children/youth up to the age of 17 and their families experiencing a mental health crisis or urgent need for mental health services

**Service:** Mobile Psychiatric Emergency Response and walk-in assessment clinic. Assessment, information, referral, medication management, linkage to hospital when required, follow up visits

**Specialty Populations:** Youth to age 17 requiring immediate mental health services

**Parent Organization:** Rady Children's Hospital

## **Day Treatment Programs**

### **Hillcrest Day Treatment (619) 543-0840**

4307 3<sup>rd</sup> Ave.  
San Diego, CA 92103

**Hours:** M-F 8:00-5:00  
**Population:** Birth - 17 years. Children/Adolescents referred through HHSA/Polinsky  
**Service:** Therapy, school on site, day rehabilitation therapy  
**Specialty Populations:** Transition Age Youth Children under the age of six  
Juvenile Court Dependents, Juvenile Court Wards  
**Parent Organization:** New Alternatives

### **Cajon Valley School Project (619) 588-3653**

550 E. Park Ave. #305  
El Cajon, CA 92020

**Hours:** M-F 8:00-4:00  
**Population:** Children & Adolescents, Medi-Cal only, kindergarten thru 8th grade  
**Service:** Day Rehabilitation for children in the Cajon Valley Union School District  
Special Day Community Day School  
**Specialty Populations:** NA  
**Parent Organization:** New Alternatives

### **Clark Adolescent Day Treatment San Diego Center for Children (858) 277-9550**

3003 Armstrong St.  
San Diego, CA 92111

**Hours:** M-F 8:00-5:30  
**Population:** Adolescents  
**Service:** Day treatment intensive  
**Specialty Populations:** Adolescents  
**Parent Organization:** San Diego Unified School District

### **Discovery Hills (760) 510-4737**

120 Mata Way, Suite 101  
San Marcos, CA 92069

**Hours:** M-F 8:00-4:00 Tu and Th evenings by appointment  
**Population:** Children referred through AB2726  
**Service:** Day Treatment Intensive  
**Specialty Populations:** NA  
**Parent Organization:** San Diego Center for Children

**Discovery Valley School  
(760) 471-6258**

120 Mata Way, Suite 101  
San Marcos, CA 92069

**Hours :** M-F 7:30-3:30  
**Population:** Adolescents referred through AB2726  
**Service:** Day Treatment Intensive  
**Specialty Populations:** NA  
**Parent Organization:** San Diego Center for Children

**East County Day Treatment  
(619) 589-8296**

7059 San Miguel Ave  
Lemon Grove, CA 91945

**Hours:** M, T, Th, F 8:00-4:00 W - 9:00-4:00  
Evening appointments T and W until 7:00  
**Population:** Children ages 6-12, referred through AB2726  
**Service:** Day Treatment Intensive  
**Specialty Populations:** NA  
**Parent Organization:** San Diego Center for Children

**Emerald Day Treatment  
(619) 593-4763**

1221 South Emerald Ave, Rm. 614  
El Cajon, CA 92020

**Hours:** M-F 8:00-4:30 Evening hours T and Th until 8:00  
**Population:** Referred through AB 2726  
**Service:** Day treatment intensive  
**Specialty Populations:** NA  
**Parent Organization:** San Diego Center for Children

**Frontier Adolescent Day Treatment Center  
(619) 448-1162**

10435 Chubb Lane  
Santee, CA 92071

**Hours:** M-F 7:30-4:30 Tu and Th until 7:00  
**Population:** Adolescents referred through AB2726  
**Service:** Day treatment intensive  
**Specialty Populations:** NA  
**Parent Organization:** Mental Health Systems, Inc.

**Lifeschool  
(619) 575-4590**

1685 Hollister St.  
San Diego, CA 92154

**Hours:** M-F 7:30-4:30 M and T evening appointments from 4:00-6:30  
**Population:** Adolescents referred through AB2726  
**Service:** Day treatment  
**Specialty Populations:** NA  
**Parent Organization:** San Diego Center for Children

**Marcy Day Rehab Program  
(619) 525-7372**

2716 Marcy Avenue.  
San Diego, CA 92113

**Hours:** M-F 8:00-4:30 T and Th - late appointments possible  
**Population:** High School ED Students 9 - 12 years - San Diego Unified School District  
**Service:** Day rehabilitation, individual therapy and medication support services  
**Specialty Populations:** NA  
**Parent Organization:** San Diego Unified School District

**New Dawn Day Rehab Program  
(858) 496-1655**

5650 Mt. Ackerly Dr.  
San Diego, CA 92111

**Hours:** M-F 8:00-4:30 T, Th - late appointments possible  
**Population:** High School ED Students 9 - 12 years - San Diego Unified School District  
**Service:** Day rehabilitation, individual therapy and medication support services  
**Specialty Populations:** NA  
**Parent Organization:** San Diego Unified School District

**Polinsky Day Rehabilitation**  
**(858) 514-4806**

9400 Ruffin Rd.  
San Diego, CA 92123

**Hours:** M-F 8:30-6:00  
**Population:** Dependent children and adolescents detained in shelter care at Polinsky Children's Center  
**Service:** Day Rehabilitation  
**Specialty Populations:** Juvenile Court Dependents  
**Parent Organization:** County of San Diego

**Reflections**  
**(619) 668-0363**

8376 Hercules St.  
La Mesa, CA 91942

**Hours:** M, W, Th, 8:30 – 4:00 T 8:30 – 6:00, F 8:30 – 1:30  
**Population:** Adolescents up to 18 years referred by the Juvenile Court. Juvenile Court and/or Breaking Cycles Assessment Team determines placement. Provides treatment to wards of the Juvenile Court and their families  
**Service:** Day Treatment Rehab. Provides family-based services to adolescents and their families who have been diagnosed with a mental/emotional disturbance. Offers competency-based school programs, youth and family monitoring, in-home treatment services, family support groups, positive peer selection, violence prevention and alcohol and drug services  
**Specialty Populations:** Juvenile Court Wards  
**Parent Organization:** County of San Diego

**San Pasqual Academy**  
**(760) 233-6005**

17701 San Pasqual Valley Road  
Escondido, CA 92025

**Hours:** M-F 8:00-5:00  
**Population:** Medi-Cal eligible children and adolescents  
**Service:** Full day rehabilitation for residents of San Pasqual Academy  
**Specialty Populations:** Transition Age Youth, Juvenile Court Dependents  
**Parent Organization:** New Alternatives

**STEPS-Adolescents  
(858) 565-2510**

4660 Viewridge Ave.  
San Diego, CA 92123

**Hours:** M-F 8:00-4:00  
**Population:** Sexually reactive youth (male and female)  
**Service:** Day Treatment Intensive (males), Outpatient (males and females, age 6-17)  
**Specialty Populations:** Juvenile Court Dependents, Juvenile Court Wards, AB2726  
**Parent Organization:** Mental Health Systems

**STEPS -Children  
(858) 467-1418**

4830 Viewridge Ave. #D  
San Diego, CA 92123

**Hours:** M-F 8:00-4:00  
**Population:** Sexually reactive children ages 6 - 12  
**Service:** Day Treatment Intensive (males),  
**Specialty Populations:** Juvenile Court Dependents, Juvenile Court Wards, AB2726  
**Parent Organization:** Mental Health Systems

**Unified Day School  
(619) 206-2894**

3430 School St.  
San Diego, CA 92116

**Hours:** M-F 8:00-5:00 Evening appointments available T and Th or as requested  
**Population:** Adolescents referred through AB2726  
**Service:** Day Treatment Intensive  
**Specialty Populations:** NA  
**Parent Organization:** Mental Health Systems, Inc.



## **Family Information**

### **Mental Health Systems, Inc. (858) 513-3887**

4660 Viewridge Avenue  
San Diego, CA 92123

**Population:** Children and Youth Seriously Emotionally Disturbed (0- 18 years old) and their families

**Service:** Educational forums, training development plans for children/youth and families, outreach and training to underserved and unserved population

**Specialty Populations:** Latino and Asian/Pacific Islander

**Parent Organization:** Mental Health Systems, Inc.

## **Inpatient Psychiatric Hospitals**

Hospitalization or inpatient psychiatric care is for mental health emergencies and situations that require intensive supervision and the medical necessity of a hospital setting. The following programs are funded by the County of San Diego to provide services for Medi-Cal recipients.

### **Aurora Behavioral Health Care/San Diego (858) 487-4200**

11878 Ave. of Industry  
San Diego, CA 92128

**Hours:** 7 days 24 hours  
**Population:** Children and adolescents  
**Service:** Acute psychiatric inpatient  
**Specialty Populations:** NA  
**Parent Organization:** Signature Health Care

### **Sharp Mesa Vista Hospital (858) 278-4110**

7850 Vista Hill Ave.  
San Diego, CA 92123

**Hours:** 7 days 24 hours  
**Population:** Children and adolescents  
**Service:** Acute psychiatric inpatient  
**Specialty Populations:** NA  
**Parent Organization:** Sharp Healthcare

### **University of California San Diego Child and Adolescent Psychiatry Service (CAPS) (619) 229-3700**

6535 Alvarado Rd.  
San Diego, CA 92120

**Hours:** 7 days 24 hours  
**Population:** Children and Adolescents  
**Service:** Acute psychiatric inpatient  
**Specialty Populations:** NA  
**Parent Organization:** University of California San Diego Medical Center

## **Juvenile Forensic Services**

Juvenile Forensics Services provide a variety of mental health services to children and adolescents who are involved with the Juvenile Court either through criminal or dependency proceedings. Access to services is managed through the Court, Juvenile Probation or Social Services.

### **Administration and Technical Support (858) 694-4680**

2901 Meadow Lark Dr., Room 227  
San Diego, CA 92123

**Hours:** M-F 7:30-5:00  
**Population:** Delinquents and dependents  
**Service:** Interagency mental health and chemical dependency consultation and program development. Clinical and administrative supervision  
**Specialty Populations:** Juvenile Court Wards  
**Parent Organization:** County of San Diego

### **Girl's Rehabilitation Facility, Mental Health Services (858) 694-4510**

2861 Meadow Lark Dr.  
San Diego, CA 92123

**Hours:** 7 days 24 hours  
**Population:** Delinquent girls committed by the court  
**Service:** Short-term individual and group counseling, crisis intervention, psychological assessments, family counseling, chemical dependency recovery services, and medication evaluations  
**Specialty Populations:** Juvenile Court Wards  
**Parent Organization:** County of San Diego

### **Hillcrest House (619) 293-7246**

4307 Third Ave.  
San Diego, CA 92103-1407

**Hours:** M-F 8:00-5:00  
**Population:** Dependent children and adolescents, foster youth, and those detained in Polinsky adjunct facilities  
**Service:** Outpatient mental health assessment and treatment services  
**Specialty Populations:** Juvenile Court Dependents  
**Parent Organization:** County of San Diego

**Juvenile Hall Crisis Team  
(858) 694-4752**

2801 Meadow Lark Dr.  
San Diego, CA 92123

**Hours:** M-F 8:00-7:00  
**Population:** Children and adolescents detained in Juvenile Hall  
**Service:** Crisis intervention, counseling, medical evaluations, brief assessment, consultation  
**Specialty Populations:** Juvenile Court Wards  
**Parent Organization:** County of San Diego

**Polinsky Clinic  
(858) 514-4612**

9400 Ruffin Rd.  
San Diego, CA 92123

**Hours:** M-F 8:00 A.M.-9:00 P.M. and Sunday 9:00 A.M.-7:00 P.M. (Coverage provided Sunday through Friday)  
**Population:** Dependent children and youths detained in shelter care at Polinsky Children's Center  
**Service:** Mental health services and crisis intervention  
**Specialty Populations:** Juvenile Court Dependents  
**Parent Organization:** County of San Diego

**Psychological Evaluation Unit  
(858) 694-4680**

2901 Meadow Lark Dr., Room 227  
San Diego, CA 92123

**Hours:** M-F 7:30-5:00  
**Population:** Children and adolescents and families involved with the Juvenile Court  
**Service:** Psychological assessment, expert witness testimony, and Interagency consultation  
**Specialty Populations:** Juvenile Court Dependents, Juvenile Court Wards  
**Parent Organization:** County of San Diego

**Treatment & Evaluation and Resource Management  
(T.E.R.M.) Team  
(858) 541-5211**

2901 Meadow Lark Dr., Room 152  
San Diego, CA 92123

**Hours:** M-F 8:00-5:00  
**Population:** Children's Service, Juvenile Probation  
**Service:** Quality management and consultation for mental health treatment, evaluation and assessment services provided to Children's Services and Juvenile Probation clients. Referrals to community providers. No clients seen at this location  
**Specialty Populations:** NA  
**Parent Organization:** County of San Diego

**Vista Hill Juvenile Court Clinic  
(858) 571-1964**

2851 Meadow Lark Dr.  
San Diego, CA 92123

**Hours:** M-F 9:00-5:00  
**Population:** Seriously Emotionally Disturbed Children/Youth and family that are wards and dependents of the Court without funding and/or have exhausted medication resources and a referred by the Probation Department and or Child Welfare Services.  
**Service:** Assessment, medication management services, case management, linkage and referral for on-going care including one-to-one therapy and family counseling when required.  
**Parent Organization:** Vista Hill

**Youth Correctional Center  
(619) 401-4900**

Camp Barrett - 21077 Lyons Valley Rd.  
Alpine, CA 91901

**Hours:** 7 days 24 hours  
**Population:** Older delinquent boys committed by the court. California Youth Authority alternative program  
**Service:** Short-term individual and group counseling, crisis intervention, chemical dependency recovery services  
**Specialty Populations:** Juvenile Court Wards  
**Parent Organization:** County of San Diego

## **Mental Health Services in Health Clinics**

### **Council of Community Clinics (619) 542-4300**

7335 Metropolitan Dr.  
San Diego, CA 92108

**Population:** Unserved, uninsured children, adolescents, Transitional Age Youth.  
**Service:** Serves as the administrative support organizations of the clinics listed below. Clinics listed below provide mental health assessment, dual diagnosis screening, information, brief mental health services, and referrals as needed.  
**Specialty Populations:** NA  
**Parent Organization:** Council of Community Clinics

#### **Provider:** Imperial Beach Health Center

**Address:** 949 Palm Ave., Imperial Beach, CA 91932  
**Phone:** (619) 429-3733  
**Hours:** M-Th 8:00-9:00, F 8:00-5:00

#### **Provider:** La Maestra Community Health Center

**Address:** 4185 Fairmount Ave, San Diego, CA 92105  
**Phone:** (619) 280-4213  
**Hours:** M-F 8:30-6:00

#### **Provider:** Mountain Health and Community Services

**Site:** Mountain Empire Family Medicine  
**Address:** 31115 Highway 94, Campo, CA 91906  
**Phone:** (619) 478-5311  
**Hours:** M-F 8:00-5:30

**Site:** Alpine Family Medicine  
**Address:** 1620 Alpine Blvd., Alpine, CA 91901  
**Phone:** (619) 445-6200  
**Hours:** M-F 8:00-5:30

**Site:** High Desert Family Medicine  
**Address:** 44460 Old Highway 80, Jacumba, CA 91934  
**Phone:** (619) 766-4071  
**Hours:** M-F 8:00-5:30

#### **Provider:** Neighborhood Healthcare

**Address:** 425 N. Date St., Suite 203, Escondido, CA 92025  
**Phone:** (760) 737-2018  
**Hours:** M-F 8:00-5:00

**Provider: North County Health Services**

**Site:** San Marcos Health Center  
**Address:** 150 Valpreda Rd., San Marcos, CA 92069  
**Phone:** (760) 736-6700  
**Hours:** M-F 8:00-6:00 – Sat 8:00-5:00

**Site:** Oceanside-Mission Mesa  
**Address:** 2210 Mesa Dr. Suites 5 and 7, Oceanside, CA 92054  
**Phone:** (760) 757-5841  
**Hours:** M, T, W 8:00-8:00 Th-S 8:00-5:00

**Provider: San Diego American Indian Health Center**

**Address:** 2602 First Ave, Suite 100, San Diego, CA 92103  
**Phone:** (619) 234-0648  
**Hours:** M-F 8:00-5:00

**Provider: San Diego Family Care**

**Site:** Linda Vista Health Care Center  
**Address:** 6973 Linda Vista Rd., San Diego, CA 92111  
**Phone:** (858) 279-0925  
**Hours:** M-F 8:00-5:00

**Site:** Mid-City Community Clinic-Adults  
**Address:** 4290 Polk Ave, San Diego, CA 92105  
**Phone:** (619) 563-0250  
**Hours:** M-F 8:00-5:00

**Site:** Mid-City Community Clinic-Peds  
**Address:** 4305 University Ave, San Diego, CA 92105  
**Phone:** (619) 280-2058  
**Hours:** M-F 8:00-5:00

**Provider: San Ysidro Behavioral Health**

**Address:** 4004 Beyer Blvd. San Ysidro, CA 92173  
**Phone:** (619) 428-5561  
**Hours:** M-F 8:00-5:00

## **Outpatient Services**

Outpatient programs offer psychiatric evaluation, medication, individual, group, and family psychotherapy. Outpatient clinics offer limited crisis intervention services during business hours. While it is possible to walk in to some programs and receive timely service, most appreciate a phone call and can then provide an appointment to see a clinician as needed.

### **ALLY- Advocating, Listening, and Leading the Youth (619) 858-4228**

330 Moss St.  
Chula Vista, CA 91911

**Hours:** M and W 10:00-7:00 – Tu and F 8:30-5:00  
**Population:** Children and adolescents on Medi-Cal  
**Service:** Early Periodic Screening, Diagnosis and Treatment (EPSDT) services, outpatient therapy, individual, group and family therapy, and medication management. South Bay Union School District  
**Specialty Populations:** NA  
**Parent Organization:** Prime Healthcare

### **ALLY (619) 267-5115**

502 Euclid Ave.  
National City, CA 91950

**Hours:** M-F 8:00-5:00  
**Population:** Children and adolescents on Medi-Cal  
**Service:** Outpatient clinic services, pediatric referrals and school based services. Individual, group, and family therapy. Psychiatric services and medication management. School based services in Sweetwater District (National City area)  
**Specialty Populations:** NA  
**Parent Organization:** Prime Healthcare

### **Casa de Amparo (760) 754-5500**

3355 Mission Ave., Suite 238  
Oceanside, CA 92054-1303

**Hours:** M-F 9:00-6:30 Evening hours and weekends by appointment  
**Population:** Children and adolescents ages 0 - 17 who are dependents of the juvenile court, placed in this level 12 crisis residential shelter facility. Referrals come through the Casa de Amparo Shelter  
**Service:** Mental health support services including individual, group and family therapy, psychiatric services and medication support are available  
**Specialty Populations:** Children under the age of six, Juvenile Court Dependents  
**Parent Organization:** Casa de Amparo



**Community Circle Central  
(619) 515-2355**

2204 National Ave.  
San Diego, CA 92113

**Hours:** M, T, W 8:00-8:00 Th, F 8:00-5:00 Home visits by appointments  
**Population:** School based Children and Adolescents with Medi-Cal and MHSA (SSN and no other insurance). Clinic based children and adults with Medi-Cal Medicare, CPS, VOC, Self Pay, Sliding Scale fee schedule  
**Service:** Outpatient mental health clinic services. Individual, group and family therapy. Children and adults. School based mental health services for children. Child and adult psychiatric services. Service location is Logan Heights/Southeast San Diego  
**Specialty Populations:** Bilingual English and Spanish, Latino population  
**Parent Organization:** Family Health Centers of San Diego

**Community Health Circle East / Spring Valley  
(619) 515-2353**

8788 Jamacha Rd.  
Spring Valley, CA 91977-4035

**Hours:** M-F 8:00-5:00 home visits by appointment  
**Population:** Children and Adolescents on Medi-Cal  
**Service:** Outpatient clinic services, pediatric referrals and school based mental health services. Individual, group and family therapy. Psychiatric services and medication management. School based services are provided in La Mesa-Spring Valley School District  
**Specialty Populations:** NA  
**Parent Organization:** Family Health Centers of San Diego

**Community Research Foundation  
Cultural Access Resource Enhancement (CARE)  
(858) 300-8282**

7907 Ostrow St., Suite F Building 1  
San Diego, CA 92111

**Hours:** M-F 9:00-5:00  
**Population:** Seriously Emotionally Disturbed children and youth up to age 18 and their families  
**Service:** Culturally and linguistically competent services, including: community based services, outreach and engagement, mental health education, crisis intervention, individual, group, and family counseling, case management, psychiatric services including medication, full service partnership services and supports  
**Specialty Populations:** Latino and Asian/Pacific Islander  
**Parent Organization:** Community Research Foundation

**Counseling (COVE)**  
**(619) 525-9903**

2250 Fourth Ave, Suite 301  
San Diego, CA 92101

**Hours:** M-F 9:00-6:00 Weekend and evenings by appointment  
**Population:** Homeless, runaway and severely emotionally disturbed youth throughout entire county of San Diego ages 12-21  
**Service:** Outreach and engagement, crisis intervention, psychiatric evaluation, counseling, case management, medication monitoring, rehabilitative and support services  
**Specialty Populations:** Homeless and runaway youth.  
**Parent Organization:** San Diego Youth and Community Services

**Crossroads Family Center**  
**(619) 441-1907**

1625 East Main St., Suite 200  
El Cajon, CA 92021

**Hours:** M-F 9:00-5:00. Evenings by appointment.  
**Population:** Children and Adolescents with Medi-Cal, AB2726, Health Families (SED), indigent  
**Service:** Crisis and community support, individual, group and family therapy, medication management with therapy  
**Specialty Populations:** Transition Age Youth Outreach to rural East County area  
**Parent Organization:** Community Research Foundation

## **Developmental Evaluation Clinic (858) 966-5817**

3020 Children's Way, MS 5843  
San Diego, CA 92123

**Hours:** M-F 8:00-5:00  
**Population:** Infants, pre-school and school age children  
**Service:** Children's Developmental Evaluation Clinic provides developmental and psychological evaluation of infants, pre-school and school aged children. Licensed psychologists, neuro-psychologists and post-doctoral psychology interns evaluate children using a variety of psychometric tests. We identify developmental and social delays, determine the significance of the delays and behavioral problems, determine need for further assessment/intervention and recommend educational and therapeutic programs  
**Specialty Populations:** Children under the age of six  
**Parent Organization:** Rady Children's Hospital San Diego

## **Douglas Young Youth and Family Services (858) 300-8282**

7907 Ostrow St.  
San Diego, CA 92123

**Hours:** M,T, W 9:00-6:00 Th - 12:00-8:00, F - 9:00-5:00  
**Population:** Children and Adolescents, AB2726, Healthy Families, Medi-Cal, indigent  
**Service:** Crisis intervention, Rehabilitation Services and community support, Outpatient Mental Health Services (individual, group, and family therapy), play and art therapy, medication management, outpatient, psychological testing school-based services including Individual Education Plan (IEP) participation, San Diego Unified School District  
**Specialty Populations:** Transition Age Youth  
**Parent Organization:** Community Research Foundation

## **Green Oak Ranch (760) 598-2803**

1237 Green Oak Rd.  
Vista, CA 92083

**Hours:** M-F 9:00-8:00  
**Population:** Children and Adolescents diverted from Polinsky Center  
**Service:** Assessment, case management and nursing/respite services  
**Specialty Populations:** Children under the age of six, Juvenile Court Dependents  
**Parent Organization:** New Alternatives

**MHS CAT Community Assessment Team (CAT)  
YAR (Youth at Risk)  
(760) 747-0205**

240 South Hickory St.  
Escondido, CA. 92027

**Hours:** M-Th 8:00-7:00; F 8:00-5:00  
**Population:** Youth 6-17 at risk, and families covered by Medi-Cal  
**Service:** Individual, family and group therapy; community support, case management, medication management, school and community based services  
**Specialty Populations:** Youth at risk for juvenile justice involvement; N. Inland San Diego County.  
**Parent Organization:** Mental Health Systems, Inc

**Mental Health Resource Center  
(858) 573-2227**

2351 Cardinal Ln. Annex B  
San Diego, CA 92123

**Hours:** M-F 8:00-5:00 Evening hours available by appointment  
**Population:** San Diego Unified School District students, by referral only. Includes referrals from ALBA, Student Attendance Review Board (SARB), AB2726, Probation/MST Program, and selected preschool sites. Also includes referred elementary and middle school ED students. Unified School District only  
**Service:** Outpatient Mental Health Services  
**Specialty Populations:** Preschool children, Transition Age Youth, Juvenile Court Dependents, Juvenile Court Wards  
**Parent Organization:** San Diego Unified School District

**MHS School Based Program (formerly ALBA)  
(858) 278-3292**

4660 Viewridge Ave  
San Diego, CA 92123

**Hours:** M-F 7:30-5:00  
**Population:** Children and adolescents - must have Medi-Cal and must be in San Diego City School District. Uninsured (MHSA eligible)  
**Service:** Individual, family, and group therapy. Case management, medication evaluation and monitoring, bilingual services and interpreters available.  
**Specialty Populations:** NA  
**Parent Organization:** Mental Health Systems

**Mobile Adolescent Services Team (MAST)**  
**(619) 398-3261**

1202 Morena Blvd., Suite 300  
San Diego, CA 92110

**Hours:** M-F 8:00-5:00  
**Population:** Children and adolescents enrolled in Juvenile Court and Community Schools (JCCS) district. Must be Medi-Cal eligible or have no other form of insurance.  
**Service:** Individual, family and group therapy; crisis and community support; medication management; school/community based services  
**Specialty Populations:** Children/adolescents at risk of entering into (or going further into) the Juvenile Justice system. Homeless youth enrolled at Monarch school. Pregnant teens/teen mothers.  
**Parent Organization:** Community Research Foundation

**New Alternatives / Foster Family Agency**  
**(858) 278-1137**

7867 Convoy Ct. #307  
San Diego, CA 92111

**Hours:** M-F 8:00-5:00  
**Population:** Medi-Cal eligible youth enrolled in New Alternatives Foster Family Agency  
**Service:** Outpatient mental health services  
**Specialty Populations:** Transition Age Youth, children under the age of six, Juvenile Court Dependents, EPSDT  
**Parent Organization:** New Alternatives

**North County Lifeline-Community Assessment Team CAT I**  
**(760) 726-4900**

200 Michigan Ave  
Vista, CA 92084

**Hours:** M-Th 8:30- 8:00 F 8:00-5:00 or by appointment  
**Population:** Youth ages 6 - 17  
**Service:** CAT provides juvenile delinquency prevention and diversion, school drop out prevention, youth leadership and peer education, counseling, drug and alcohol prevention and treatment, independent living skills training, recreation, career/vocational guidance, direct connection to available community services .CAT/Youth At Risk (YAR)/ Early Periodic Screening , Diagnosis and Treatment (EPSDT) outpatient programs provide assessment, individual, group, and family therapy and medication support services, provided at clinic, school sites and in-home. The youth must be Medi-Cal eligible  
**Specialty Populations:** Juvenile Court Wards  
**Parent Organization:** North County Lifeline, Inc.

## **North County Lifeline-Community Assessment Team CAT II (760) 757-0118**

110 Copperwood Ave., Suite Q  
Oceanside, CA 92054

**Hours:** M-Th 8:30 - 8:00 F 8:00-5:00 or by appointment  
**Population:** Youth ages 6 - 17  
**Service:** CAT provides juvenile delinquency prevention and diversion, school drop out prevention, youth leadership and peer education, counseling, drug and alcohol prevention and treatment, independent living skills training, recreation, career/vocational guidance, direct connection to available community services. CAT/Youth At Risk (YAR)/Early Periodic Screening, Diagnosis and Treatment (EPSDT) outpatient programs provide assessment, individual, group, and family therapy and medication support services, provided at clinic, school sites and in-home. The youth must be Medi-Cal eligible  
**Specialty Populations:** Juvenile Court Wards  
**Parent Organization:** North County Lifeline, Inc.

## **Nueva Vista Family Services (619) 585-7686**

1161 Bay Blvd. Suite B  
Chula Vista, CA 91911

**Hours:** M,W,F 9:00-5:00 Tu, W and Th - 9:00-7:00  
**Population:** Children and Adolescents, Medi-Cal, AB2726, Healthy Families, and Indigent  
**Service:** Outpatient psychiatric services, medication management, individual, family and group therapy, Medi-Cal and Short-Doyle and EPSDT services for National School District, Chula Vista Elementary School District, and Sweetwater High School District  
**Specialty Populations:** Transition Age Youth  
**Parent Organization:** Community Research Foundation

## **Palomar Family Counseling (760) 731-3235**

120 W Hawthorne St.  
Fallbrook, CA 92028

**Hours:** M-F 8:30-5:30  
**Population:** Children and adolescents on Medi-Cal  
**Service:** Individual, group and family therapy, medication management. Provides services to Fallbrook High School District, Fallbrook Elementary District  
**Specialty Populations:** NA  
**Parent Organization:** Palomar Family Counseling

## **Palomar Family Counseling (760) 741-2660**

1002 East Grand Ave.  
Escondido, CA 92025

**Hours:** M-F 8:30-5:00 Sat 9:00-5:00  
**Population:** Children, adolescents, Medi-Cal eligible, Special Education students at Escondido High School  
**Service:** Assessment, behavioral intervention, teacher intervention at designated preschools, implementation of Incredible Years. Individual, group and family therapy, medication management, outpatient, individual and group therapy, all Valley Center schools  
**Specialty Populations:** NA  
**Parent Organization:** Palomar Family Counseling

## **Para Las Familias Center (619) 565-2650**

1340 Imperial Beach Blvd., Suite 204  
Imperial Beach, CA 91932

**Hours:** M-F 8:00-5:00 Evening hours available to families  
**Population:** Children, ages 0 - 5, on Medi-Cal and non-insured children  
**Service:** Assessment, individual, filial and family therapy, services provided at clinic, pre-school sites and in-home services  
**Specialty Populations:** Children under the age of six Juvenile Court Dependents  
**Parent Organization:** Episcopal Community Services

## **Providence Community Services (619) 640-3266**

4660 El Cajon Blvd., Suite 210  
San Diego, CA 92115

**Hours:** 8:30-5:00 Day and evening hours available by appointment  
**Population:** Children/youth up to age 18 with Medi-Cal  
**Service:** Outpatient mental health services, Individual group, and skill-building, family therapy services, psychiatric services, and medication management  
**Specialty Populations:** Clinic and school based, San Diego Unified School District  
**Parent Organization:** Providence Community Services

## **Rady Children's Outpatient Psychiatry - Central (858) 966-5832**

3665 Kearny Villa Rd #101  
San Diego, CA 92123

**Hours:** M-F 8:00-5:00 Evenings by appointment  
**Population:** Children and adolescents, AB2726 services for MediCal and Healthy Families, indigent  
**Service:** Outpatient psychiatric services, medication management, individual, group, and family therapy.  
**Specialty Populations:** NA  
**Parent Organization:** Rady Children's Hospital San Diego

## **Rady Children's Outpatient Psychiatry - North Coastal (760) 758-1480**

3142 Vista Way, Suite 205  
Oceanside, CA 92056-3619

**Hours:** M-F 8:00-5:00 Evenings by appointment  
**Population:** Children & Adolescents, AB2726, MediCal, Healthy Families, indigent  
**Service:** Outpatient psychiatric services, medication management, individual, group, and family therapy.  
**Specialty Populations:** NA  
**Parent Organization:** Rady Children's Hospital San Diego

## **Rady Children's Hospital San Diego Outpatient Psychiatry North Inland (760) 294-9270**

625 W. Citracado Pkwy. Suite 102  
Escondido, CA 92025

**Hours:** M-F 8:00-4:30 Evenings by appointment  
**Population:** Children & Adolescents,  
**Service:** Outpatient psychiatric services, medication management, individual, group, and family therapy.  
**Specialty Populations:** NA  
**Parent Organization:** Rady Children's Hospital San Diego



**Rady Children's Hospital San Diego Outpatient Psychiatry  
Riley School  
(858) 966-8659 or (858) 966-5832 Extension 3201**

5650 Mt. Ackerly Dr.  
San Diego, CA 92111

**Hours:** M-F 8:00-4:30  
**Population:** Special Ed children and adolescents - must be referred by schools only, AB2726, Medi-Cal only, Kindergarten – 8th grade  
**Service:** Outpatient psychiatric services, medication management (Spanish speaking services available)  
**Specialty Populations:** NA  
**Parent Organization:** Rady Children's Hospital San Diego

**San Diego Center for Children  
East County Outpatient Counseling  
Lemon Grove Ave.  
(619) 465-5006**

2741 Lemon Grove Ave., Suite 104  
Lemon Grove, CA 91945

**Hours:** M, W, F 9:00-5:00 Tu and Th 9:00-8:00  
**Population:** Medi-Cal eligible children and adolescents  
**Service:** Outpatient clinic services and school based services. Individual, family and group therapy. Psychiatric services and medication management. School based services in Lemon Grove School District, Lakeside School District, La Mesa/Spring Valley School District, and Grossmont School District  
**Specialty Populations:** Transition Age Youth, Juvenile Court Dependents, Juvenile Court Wards  
**Parent Organization:** San Diego Center for Children

**San Diego Center for Children East Out-Patient  
Counseling Program  
(619) 668-6200**

7339 El Cajon Blvd. Suite K  
La Mesa, CA 91941

**Hours:** M-F 8:00-5:00  
**Population:** Children and youth  
**Service:** Outpatient mental health services  
**Specialty Populations:** NA  
**Parent Organization:** San Diego Center for Children

**San Diego Center for Children  
Foster Family Agency Stabilization  
(858) 277-9550**

3002 Armstrong St.  
San Diego, CA 92111

**Hours:** M-F 8:00-5:00, evening and weekend appointments as needed  
**Population:** Medi-Cal eligible children and adolescents  
**Service:** Outpatient Mental Health, Multi-dimensional Treatment Foster Care (MTFC), medication monitoring  
**Specialty Populations:** NA  
**Parent Organization:** San Diego Center for Children

**San Diego Center for Children South County Outpatient Program  
(619) 336-9870**

800 National City Blvd., Suite 208  
National City, CA 91950

**Hours:** M-F 8:30-4:00  
**Population:** Children and Adolescents referred through AB2726  
**Service:** Mental health services including assessment, individual and group therapy, medication management and crisis intervention. Services provided at San Ysidro Unified, Chula Vista, National City, Sweetwater Union, and South Bay Union School Districts, and in-home  
**Specialty Populations:** NA  
**Parent Organization:** San Diego Center for Children

**San Diego Center for Children Stepdown Wraparound  
(858) 277-9550**

3002 Armstrong St.  
San Diego, CA 92111

**Hours:** M-F 8:00-5:00, evening and weekend appointments as needed  
**Population:** Emotionally Disturbed (ED) youth and adolescents who are stepping down from San Diego Center for Children residential treatment programs to a lower level of care/home environments - Medi-Cal eligible.  
**Service:** Wraparound, case management, stepdown, and mental health outpatient services  
**Specialty Populations:** NA  
**Parent Organization:** San Diego Center for Children

**San Diego Deaf Mental Health Services  
(858) 410-1067**

707 Broadway, 2<sup>nd</sup> Floor  
San Diego, CA 92101

**TDD for Hearing Impaired:** (858) 410-1067

**Hours:** M-F 8:30-5:00

**Population:** Unfunded, Serious Emotional Disturbed and Seriously Mentally Ill that are deaf or hard of hearing.

**Service:** Assessment, crisis intervention, individual therapy, collateral contact, group therapy services.

**Specialty Populations:** Deaf or hard of hearing, individuals with co-occurring substance abuse disorders.

**Parent Organization:** San Diego Deaf Mental Health Services

**San Diego Youth and Community Services / Foster Family Agency  
(619) 221-8610**

3255 Wing St.  
San Diego, CA 92110

**Hours:** M-F 8:30-5:00

**Population:** Children/adolescents enrolled in the San Diego Youth and Community Services foster family agency.

**Service:** Individual, group, family therapy, crisis intervention, psychiatric evaluation, case management, medication monitoring, rehabilitative and support services

**Specialty Populations:** NA

**Parent Organization:** San Diego Youth and Community Services

**San Diego Youth and Community Services  
East County Behavioral Health Center  
Community Assessment Team (CAT)/Youth At Risk (YAR)  
(619) 448-9700**

1870 Cordell Ct. Suite 101  
El Cajon, CA 92020

**Hours:** M-F 9:00-6:00 Weekends/evenings by appointment

**Population:** At risk children and youth ages 6 – 18 and their families. Children/youth attending Lakeside, Santee and Grossmont Union School Districts  
Medi-Cal only

**Service:** Individual, group and family therapy, case-management, crisis intervention, psychiatric evaluations, medication management, and psychological testing.

**Specialty Populations:** Delinquent Youth

**Parent Organization:** San Diego Youth and Community Services

**Social Advocates for Youth (SAY) San Diego /  
Community Assessment Team (CAT) II  
(619) 582-9056**

5348 University Ave., Suite 201  
San Diego, CA 92105

**Hours:** M-F 9:00-5:00 weekends/evenings by appointment  
**Population:** At risk youth 8 - 18 and their families, Medi-Cal only  
**Service:** Individual, group and family, rehabilitation, San Diego Unified School District, Marshall Elementary  
**Specialty Populations:** Juvenile Court Wards  
**Parent Organization:** SAY San Diego, Inc

**South Bay Community Services  
Community Assessment Team (CAT)  
(619) 420-3620**

1124 Bay Blvd, Suite D  
Chula Vista, CA 91911

**Hours:** M-Th 8:30-8:30 and F 8:30-6:00  
**Population:** Medi-Cal eligible children and adolescents  
**Service:** Assessment, individual, group and family therapy services, provided at clinic, school sites and in-home  
**Specialty Populations:** NA  
**Parent Organization:** South Bay Community Services

**Southeast County Mental Health Clinic  
(619) 595-4400**

3177 Ocean View Blvd.  
San Diego, CA 92113

**Hours:** M-Th 8:00-6:00 W -8:00-7:00, F - 8:00-5:00  
**Population:** Children and adolescents  
**Service:** Outpatient therapy, individual, group and family therapy, medication management, school liaison and advocacy. Spanish speaking, licensed therapists, and also see AB2726 clients  
**Specialty Populations:** NA  
**Parent Organization:** County of San Diego

**Survivors of Torture International  
(619) 278-2400**

P.O. Box 151240  
San Diego, CA 92175

**Hours:** M-F 8:30-5:00  
**Population:** Uninsured, unserved, Seriously Emotional Disturbed, and Seriously Mentally ill  
**Service:** Mental health assessment, dual diagnosis services, individual and group therapy, case management and referrals  
**Specialty Populations:** Victims of trauma and torture.  
**Parent Organization:** Survivors of Torture International

**Trinity / Foster Family Agency  
(619) 585-1508**

835 3rd Ave., Suite E  
Chula Vista, CA 91911

**Hours:** M-F 8:30-5:00  
**Population:** Medi-Cal eligible children and adolescent who are in Trinity Foster Family Agency  
**Service:** Outpatient Mental Health Services  
**Specialty Populations:** Transition Age Youth, Juvenile Court Wards  
**Parent Organization:** Trinity Youth Services

**Union of Pan Asian Communities (UPAC)  
Multi-Cultural Family Services  
(619) 232-6454**

1031 25th St.  
San Diego, CA 92102

**Hours:** M-F 8:30-5:00  
**Population:** Children and adolescents  
**Service:** Outpatient individual, group and family therapy, crisis and community support, medication management, case management and psychiatric evaluation  
**Specialty Populations:** Juvenile Court Dependents, Juvenile Court Wards, Asian Pacific cultures  
**Parent Organization:** Union of Pan Asian Communities

**Union of Pan Asian Communities (UPAC) Rainbow Center  
(619) 232-6454**

1031 25th St.  
San Diego, CA 92102

**Hours:** M-F 8:30-5:00  
**Population:** Children and adolescents  
**Service:** School-based counseling services, individual and group counseling, family counseling, substance abuse counseling, case management, and outreach. Services provided at San Diego Unified School District: Chollas/Mead Elementary, Edison Elementary, Gompers Charter Middle School, Hoover High, Knox Elementary, Lincoln High, Porter Elementary, Valencia Park Elementary, and Webster Academy. Services also provided in North County: Beaumont Elementary, Ditmar Elementary, El Camino High, and Lincoln Middle School  
**Specialty Populations:** NA  
**Parent Organization:** Union of Pan Asian Communities

**Vista Hill Learning Assistance Center  
North Inland Program  
(760) 788-9724**

398 D St.  
Ramona, CA 92065

**Hours:** M-F 8:00-5:30 Evenings and weekend hours are available  
**Population:** Children and adolescents  
**Service:** School and home based mental health services including individual, group and family therapy, case management, rehabilitation, and medication management (psychiatry). Services provided through Medi-Cal, Mental Health Services Act for uninsured/underinsured children, and AB2726. School based services provided in Ramona, Borrego Springs, Julian (elementary/middle and high school districts), San Pasqual Union, Warner Springs, and Spencer Valley.  
**Specialty Populations:** NA  
**Parent Organization:** Vista Hill Foundation

**Vista Hill Learning Lincoln Annex  
(760) 489-4126**

1029 N Broadway  
Escondido, CA 92026

**Hours:** M-F 8:00-5:00 Evening and weekend hours available for families  
**Population:** Elementary and Middle School Children and families within Escondido Union Elementary School District  
**Service:** School and home based mental health services including individual, group and family therapy, case management, rehabilitation, and medication management (psychiatry). Services provided through Medi-Cal , Mental Health Services Act for uninsured/underinsured children,. School based services provided in Escondido Union Elementary School District (elementary and middle school students) and in San Pasqual Union.  
**Specialty Populations:** NA  
**Parent Organization:** Vista Hill Foundation

**Walden Family Services / Foster Family Agency  
(619) 584-5777**

3517 Camino Del Rio South, Suite 215  
San Diego, CA 92108

**Hours:** M-F 8:30-5:00  
**Population:** Birth to 18 years. Must be participating in foster care services program.  
**Service:** Provides intensive, individualized psychotherapy and psychiatric treatment for emotionally disturbed children. Provides assessment, evaluation, and treatment for Children in critical need of mental health services  
**Specialty Populations:** Transition Age Youth, special health care needs  
**Parent Organization:** Walden Environment

**YMCA**

**Therapeutic Interventions Designed to Empower Students (TIDES)  
(619) 543-9850**

4080 Centre St., Suite 101, 105, 106, and 107  
San Diego, CA 92103

**Hours:** M-F 8:30-5:00  
**Population:** Ages 0 - 21  
**Service:** Provides outpatient individual, group, family therapy, medication management services for San Diego Unified School district counseling, shelter referrals and transportation home.  
**Specialty Populations:** NA  
**Parent Organization:** YMCA

## **Youth Enhancement Services (YES)**

### **(619) 428-5533**

3025 Beyer Blvd.. E101  
San Diego, CA 92154

**Hours:** M,Tu 9:00-6:00 W-F 8:30-5:00

**Population:** Children & Adolescents, also Medi-Cal and indigent, Special Education, AB2726

**Service:** Outpatient psychiatric services, medication management. EPSDT services provided for San Ysidro School District and Sweetwater Union High School District. Outreach to San Ysidro Middle School. Services are provided at five different San Diego Unified School district school sites and the main office.

**Specialty Populations:** NA

**Parent Organization:** San Ysidro Health Center - Behavioral Health Group



## **Residential Patch Programs**

Residential patch programs offer day treatment services for some children and adolescents who are placed in a residential treatment facility. Access to these programs is generally through AB2726 or Juvenile Court involvement.

### **Hillcrest Day Program (619) 543-0840**

4307 Third Ave.  
San Diego, CA 92103

**Hours:** M-F 2:30-7:00  
**Population:** Children or Adolescents referred by AB2726 or Juvenile Court  
**Service:** Day Treatment  
**Specialty Populations:** NA  
**Parent Organization:** New Alternatives

### **Fred Finch Intensive Day Treatment (619) 797-1090**

3434 Grove St.  
Lemon Grove, CA 91945

**Hours:** M-F 8:00-6:00  
**Population:** 12 - 17 year old referred by Child Welfare Services  
**Service:** Day Treatment  
**Specialty Populations:** Emotionally disturbed youth with developmental disability  
**Parent Organization:** Fred Finch

### **New Alternatives, Inc. #16 (619) 421-6900**

730 Medical Center Ct.  
Chula Vista, CA 91911

**Hours:** M-F 2:00-8:00  
**Population:** Adolescents referred by AB2726 or Juvenile Court  
**Service:** Day Treatment  
**Specialty Populations:** Transition Age Youth, children under the age of six, youth  
Gay/Lesbian, transgender Juvenile Court Dependents  
Juvenile Court Wards  
**Parent Organization:** New Alternatives

**San Diego Center for Children  
Clark Adolescent Day Treatment Program  
(858) 277-9550**

3004 Armstrong St.  
San Diego, CA 92111

**Hours:** M-F 8:00-6:00  
**Population:** Children ages 13-17. Referred by AB2726 or Juvenile Court  
**Service:** Day Treatment Intensive  
**Specialty Populations:** Juvenile Court Dependents  
**Parent Organization:** San Diego Center for Children

**San Diego Center for Children - Level 12 Program  
(858) 277-9550**

3002 Armstrong St.  
San Diego, CA 92111

**Hours:** M-F 8:00-6:00  
**Population:** Children ages 6 - 13. Referred by AB2726 or Juvenile Court  
**Service:** Day Treatment Intensive  
**Specialty Populations:** Juvenile Court Dependents  
**Parent Organization:** San Diego Center for Children

**San Diego Center for Children - Level 14 Program  
(858) 277-9550**

3004 Armstrong St.  
San Diego, CA 92111

**Hours:** M-F 8:00-6:00  
**Population:** Children ages 6 - 13. Referred by AB2726 or Juvenile Court  
**Service:** Day Treatment Intensive  
**Specialty Populations:** Juvenile Court Dependents  
**Parent Organization:** San Diego Center for Children

## **Residential Services**

Residential services provides assessment, placement and case management services for children and youth who are dependent children of the San Diego County Juvenile Court and who are in need of mental health treatment level settings because of emotional or behavioral problems and/or diagnosed mental illness. Reunification and other services are provided to the families of the dependent minor. Treatment settings include Residential Care Facilities, Licensed Group Homes, and Specialized Foster Home Agency settings. Contract development, monitoring and investigation of these facilities are also services provided.

### **Residential Services**

**(619) 767-5009**

**(619) 767-5009**

7947 Mission Center Court, MS W-466  
San Diego, CA 92108-1440

**Hours:** M-F 8:00-5:00

**Population:** Dependent children and adolescents of the San Diego County Juvenile Court who need mental health treatment level settings

**Service:** Screening, case management, case consultation, child abuse investigations, family reunification, institution evaluation, facility contracting, monitoring and investigation

**Specialty Populations:** Juvenile Court Dependents

**Parent Organization:** County of San Diego

## **Special Education Services (AB2726)**

Special Education Services provide AB2726 assessment and case management services for special education students who are experiencing a mental health problem that interferes with their educational needs. Referrals for assessment must come through the student's school district. General information about the referral and assessment process can be obtained from the regional offices listed below, which are organized by Special Education Local Planning Area (SELPA).

### **Administration (619) 758-6227**

3320 Kemper Street, Suite 206  
San Diego, CA 92110

**Hours:** M-F 8:00-5:00  
**Population:** Special education students  
**Service:** Administration of AB2726 assessment and case management  
**Specialty Populations:** NA  
**Parent Organization:** County of San Diego

### **Central and South (619) 758-6205**

3320 Kemper St. #104  
San Diego, CA 92110

**Hours:** M-F 8:00-5:00  
**Population:** Special education students  
**Service:** AB2726 assessment and case management  
**Specialty Populations:** School aged youth referred through Individualized Education Program (IEP)  
**Parent Organization:** County of San Diego

### **North Coastal and Poway (760) 752-4900**

340 Rancheros Dr. #298  
San Marcos, CA 92069

**Hours:** M-F 8:00-5:00  
**Population:** Special education students  
**Service:** AB2726 assessment and case management  
**Specialty Populations:** School aged youth referred through Individualized Education Program (IEP).  
**Parent Organization:** County of San Diego

**North Inland and East County  
(619) 758-6240**

3692 Midway Drive  
San Diego, CA 92110

**Hours:** M-F 8:00-5:00

**Population:** Special Education Students

**Service:** AB2726 assessment and case management

**Specialty Populations:** School aged youth referred through Individualized Education Program (IEP)

**Parent Organization:** County of San Diego

## **Therapeutic Behavioral Services**

Therapeutic Behavioral Services offer specialized short-term one to one behavioral services designed to prevent re-hospitalizations, placements in higher levels of care, and/or assist with transition to lower levels of care. San Diego County staff review and authorize referrals for services. Two Contract agencies, Mental Health Systems and New Alternatives, Inc., provide behavioral coaches in the home or in current residential placement. Therapeutic Behavioral Services are provided countywide to eligible Full-Scope Medi-Cal recipients.

### **Therapeutic Behavioral Services (Mental Health Systems) (858) 380-4669**

9445 Farnham Street, Suite 100  
San Diego, CA 92123

**Hours:** M-F 8:00-5:00  
**Population:** Medi-Cal children, adolescents and families  
**Service:** One on one behavioral, in home services, case management. Services provided by referral through County TBS only  
**Specialty Populations:** Transition Age Youth  
**Parent Organization:** Mental Health Systems

### **Therapeutic Behavioral Services (New Alternatives) (619) 615-0701**

2535 Kettner Blvd. 1A4  
San Diego, CA 92110

**Hours:** M-F 8:00-5:00  
**Population:** Medi-Cal children, adolescents and families  
**Service:** One on One behavioral, in home services, case management. By referral through County TBS only.  
**Specialty Populations:** Transition Age Youth  
**Parent Organization:** New Alternatives, Inc.

### **Therapeutic Behavioral Services (TBS) (619) 401-4630**

1000 Broadway, Suite 105  
El Cajon, CA 92021

**Hours:** M-F 8:00-5:00  
**Population:** Children, adolescents, and young adults (up to age 21). Must be full scope Medi-Cal eligible and meet medical necessity criteria  
**Service:** Specialized short-term one-to-one behavioral coaching designed to teach clients and care givers the behavioral management skills that will allow the clients to transition to or maintain at the lowest appropriate level of care.  
**Specialty Populations:** Transition Age Youth  
**Parent Organization:** County of San Diego

## **School Listing for Children's Mental Health Services**

### **(School Based Outpatient programs)**

School services are accessed through the schools. School counselors, teachers, and other school personnel can facilitate a referral.

#### **School District: Alpine Union**

**Provider:** Community Research Foundation-Crossroads Family Center

**Address:** 1625 East Main St., Suite 200, El Cajon, CA 92021

**Phone:** (619) 441-1907

**Schools:** Joan MacQueen Middle  
Shadow Hills Elementary

#### **School District: Bonsall Union**

**Provider:** Rady Children's Hospital San Diego-North County of San Diego

**Address:** 625 W. Citracado Parkway, Suite 102, Escondido, CA 92025

**Phone:** (858) 487-9050

**Schools:** Bonsall Elementary  
Norman Sullivan Middle

#### **School District: Borrego Springs Unified**

**Provider:** Vista Hill-North Inland

**Address:** 398 D Street, Ramona, CA 92065

**Phone:** (760) 788-9724

**Schools:** Borrego Springs Elementary  
Borrego Springs Junior High  
Borrego Springs High

## **School District: Cajon Valley Union**

**Provider:** New Alternatives-Cajon Valley School Project  
**Address:** 550 E. Park Ave., #305, El Cajon, CA 92020  
**Phone:** (619) 588-3653

**Schools:** Cajon Valley Middle  
Community Day  
Cuyamaca Elementary  
Jamacha Elementary  
Johnson Elementary  
Los Coches Creek Middle  
W.D. Hall

**Provider:** San Diego Center for Children  
**Address:** 3002 Armstrong St., San Diego, CA 92111  
**Phone:** (858) 279-2763

**School:** Emerald Middle

## **School District: Carlsbad Unified**

**Provider:** North County Lifeline  
**Address:** 200 Michigan Ave, Vista, CA 92084  
**Phone:** (760) 726-4900

**Schools:** Carlsbad High  
Jefferson Elementary  
Valley Middle



## **School District: Chula Vista Elementary School District**

**Provider:** Community Research Foundation-Nueva Vista Family Services

**Address:** 1161 Bay Blvd., Suite B, Chula Vista, CA 91911

**Phone:** (619) 585-7686

**Schools:** Daly Academy

Feaster-Edison

Mueller

Kellogg

Sweetwater Academy for Individual Learning Style (SAILS)

**Provider:** South Bay Community Services-South

**Address:** 1124 Bay Blvd., Suite D, Chula Vista, CA 91911

**Phone:** (619) 420-3620

**Schools:** Harborside

Lauderbach

Loma Verde

Montgomery

Otay

Rice

Silverwing

Vista Square

**Provider:** San Diego Center for Children Intensive Outpatient Program

**Address:** 800 National City Blvd., Suite 210, National City, CA 91950

**Phone:** (858) 277-9550

**School:** Intensive Outpatient Program DALY

## **School District: Encinitas Union**

**Provider:** Rady Children's Hospital San Diego Outpatient Psychiatry-North County

**Address:** 3142 Vista Wy., Suite 205, Oceanside, CA 92056

**Phone:** (760) 758-1480

**Schools:** Ocean Knoll Elementary

Paul Ecke Central Elementary

## **School District: Escondido Union High**

**Provider:** Palomar Family Counseling Services

**Address:** 1002 East Grand Ave., Escondido, CA 92025

**Phone:** (760) 741-2660

**Schools:** Escondido High  
Orange Glen High  
San Pasqual High  
Valley High  
Valley Center High

## **School District: Escondido Union**

**Provider:** Vista Hill Lincoln Annex

**Address:** 1029 N Broadway, Escondido, CA 92026

**Phone:** (760) 489-4126

**Schools:** Bear Valley Middle  
Bernardo Elementary  
Central Elementary  
Conway Elementary  
Del Dios Middle  
Farr Elementary  
Felicita Elementary  
Glen View Elementary  
Hidden Valley Middle  
Juniper Elementary  
Lincoln Elementary  
L. R. Green Elementary  
Miller Elementary  
Mission Middle  
Nicolaysen Center "Community Day School"  
N. Broadway Elementary  
Oak Hill Elementary  
Orange Glen Elementary  
Pioneer Elementary  
Reidy Creek Elementary  
Rincon Middle  
Rock Springs Elementary  
Rose Elementary

## **School District: Fallbrook Union Elementary**

**Provider:** Palomar Family Counseling Services-Fallbrook

**Address:** 120 West Hawthorne St., Fallbrook, CA, 92028

**Phone:** (760) 731-3235

**Schools:** Fallbrook Street School

Iowa Street School

James E. Potter Jr. High

Live Oak School

La Paloma School

Maie Ellis Elementary

William Frazier Elementary

## **School District: Fallbrook Union High**

**Provider:** Palomar Family Counseling Services-Fallbrook

**Address:** 120 West Hawthorne St., Fallbrook, CA, 92028

**Phone:** (760) 731-3235

**Schools:** Fallbrook High

Ivy High

## **School District: Grossmont Union High**

**Provider:** San Diego Youth Community Services-East  
**Address:** 1870 Cordell Ct. #101, El Cajon, CA 92020  
**Phone:** (619) 619-448-9700

**Schools:** Chaparral High  
El Capital High  
El Cajon Valley High

**Provider:** Mental Health Systems  
**Address:** 10435 Chubb Ln., Santee, CA 92071  
**Phone:** (619) 448-1162

**School:** Frontier Adolescent Day Treatment

**Provider:** Rady Children's Hospital San Diego-East region, school-based Outpatient  
**Address:** 3665 Kearny Villa Rd., Suite 165, San Diego, CA 92123  
**Phone:** (858) 966-5832 Extension 3794

**Schools:** Granite Hills High  
Santana High

**Provider:** San Diego Center for Children East Outpatient  
**Address:** 7050 San Miguel Ave., Lemon Grove, CA 91945  
**Phone:** (619) 589-8296

**Schools:** Grossmont High  
Helix Charter  
Mount Miguel High  
Steel Canyon High

**Provider:** San Diego Youth Community Services  
**Address:** 1870 Cordell Ct. #101, El Cajon, CA 92020  
**Phone:** (619) 448-9700

**School:** Monte Vista High

**Provider:** Family Health Center  
**Address:** 8788 Jamacha Rd., Spring Valley, CA 91977  
**Phone:** (619) 515-2353

**School:** Monte Vista High

## **School District: Jamul-Dulzura Union**

**Provider:** Community Research Foundation-Crossroads  
**Address:** 1625 East Main St., Suite 200, El Cajon, CA 92021  
**Phone:** (619) 441-1907

**School:** Oak Grove Middle

## **School District: Julian Union**

**Provider:** Vista Hill North Inland

**Address:** 398 D St., Ramona, CA 92065

**Phone:** (760) 788-9754

**Schools:** Julian Elementary

Julian Jr. High

## **School District: Julian Union High**

**Provider:** Vista Hill North Inland

**Address:** 398 D Street, Ramona, CA 92065

**Phone:** (760) 788-9754

**School:** Julian High

## **School District: Juvenile Court and Community Schools**

**Provider:** Community Research Foundation Mobile Adolescent Service Team

**Address:** 1202 Morena Blvd., Suite 204, San Diego, CA 92110

**Phone:** (619) 398-3261

**Schools:** Bay Blvd. Community

Monarch

Mc Phatter 1, 2, 3

Lindsay

Metro Independent Study

Litt Resources/Old Town

Tech Academy

Project WEER

Victoria Community

National City Community

South Bay Tech

Iris Community

Thurgood Marshall Community

Sports Academy

Worthington Community

Lemon Grove Community

La Presa Community

University Community

Rancho del Oro

Independent Study

San Marcos Tech

Chula Vista Community

El Cajon Community

Oceanside Community

**Provider:** San Diego Youth Community Services-Homeless (COVE)

**Address:** 3427 Third Ave, San Diego, CA 92103

**Phone:** (619) 325-3527

**Schools:** Toussaint Academy

Monarch School

## **School District: Lakeside Union**

**Provider:** San Diego Youth Community Services-East

**Address:** 1870 Cordell Ct. #101, El Cajon, CA 92020

**Phone:** (619) 619-448-9700

**Schools:** East County Academy of Learning

Tierra del Sol

**Provider:** San Diego Center for Children East Outpatient

**Address:** 7059 San Miguel Ave., Lemon Grove, CA 91945

**Phone:** (619) 589-8296

**Schools:** Riverview

Tierra del Sol

## **School District: La Mesa-Spring Valley**

**Provider:** San Diego Center for Children East Outpatient

**Address:** 7059 San Miguel Ave., Lemon Grove, CA 91945

**Phone:** (619) 589-8296

**Schools:** Avondale

Fletcher Hills

La Mesa Dale I

La Mesa Middle

Murdock (Glenn E.)

Rolando

**Provider:** Family Health Center East

**Address:** 8788 Jamacha Rd., Spring Valley, CA 91977

**Phone:** (619) 515-2353

**Schools:** Bancroft Elementary

Kempton Street

La Presa Elementary

La Presa Middle

Loma Elementary

Rancho Elementary

Spring Valley Elementary

Sweetwater Springs Elementary

## **School District: Lemon Grove**

**Provider:** San Diego Center for Children East Outpatient  
**Address:** 7059 San Miguel Ave., Lemon Grove, CA 91945  
**Phone:** (619) 589-8296

**Schools:** Golden Avenue School  
Lemon Grove Middle  
Monterey Heights  
Mount Vernon School  
Palm Middle  
San Altos School  
San Miguel  
East County Day Treatment

## **School District: Mountain Empire Unified**

**Provider:** Community Research Foundation-Crossroads  
**Address:** 1625 East Main St., Suite 200, El Cajon, CA 92021  
**Phone:** (619) 441-1907

**Schools:** Campo  
Clover Flat  
Mountain Empire Jr/Sr High  
Pine Valley

## **School District: National**

**Provider:** Community Research Foundation-Nueva Vista Family Services  
**Address:** 1161 Bay Blvd., Suite B, Chula Vista, CA 91911  
**Phone:** (619) 585-7686

**Schools:** Central  
El Toyon  
Ira Harbison  
Kimball  
Lincoln Acres  
New Horizons  
Olivewood  
John A. Otis  
Las Palmas  
Palmer Way



## **School District: Oceanside Unified**

**Provider:** North County Lifeline, Inc. Community Assessment Team

**Address:** 110 Copperwood Ave., Suite Q, Oceanside, CA 92054

**Phone:** (760) 757-0118

**Schools:** Cesar Chavez Middle  
Christa McAuliffe Elementary  
Ivey Ranch Elementary  
Jefferson Middle

**Provider:** Palomar Family Counseling Services North Coastal/North Inland

**Address:** 1002 East Grand Ave, Escondido, CA 92025

**Phone:** (760) 741-2660

**Schools:** Ditmar Elementary  
Laurel Elementary  
Maryland Elementary  
Mission Elementary  
Palmquist Elementary  
Rancho Minerva Middle  
South Oceanside Elementary

**Provider:** Rady Children's Hospital San Diego Outpatient Psychiatry North Coastal

**Address:** 3142 Vista Way, Suite 205, Oceanside, CA 92056

**Phone:** (760) 758-1480

**Schools:** Del Rio Elementary  
Garrison Elementary  
Libby Elementary  
Nichols Elementary  
San Luis Rey Elementary

**Provider:** Union of Pan Asian Communities (UPAC) North

**Address:** 1031 25<sup>th</sup> St., Suite C, San Diego, CA 92102

**Phone:** (619) 232-6454

**Schools:** Beaumont Elementary  
El Camino High  
Lincoln Middle

**Provider:** Union of Pan Asian Communities (UPAC) North Coastal

**Address:** 1031 25<sup>th</sup> St., Suite C, San Diego, CA 92102

**Phone:** (619) 232-6454

**School:** Ditmar Elementary

## **School District: Poway Unified**

**Provider:** Rady Children's Hospital San Diego Outpatient Psychiatry North Inland

**Address:** 625 W Citracado Parkway, Suite 102, Escondido, CA 92025

**Phone:** (858) 487-9050

**Schools:** Mt. Carmel High  
Twin Peaks Middle

## **School District: Ramona Unified**

**Provider:** Vista Hill North Inland

**Address:** 398 D St., Ramona, CA 92065

**Phone:** (760) 788-9754

**Schools:** Barnett Elementary  
Community Day School  
Hanson Elementary  
James Duke Elementary  
Montecito High  
Mt. Woodson Elementary  
Olive Pearce Middle  
Ramona Elementary  
Ramona High

## **School District: San Diego Unified**

**Provider:** Community Research Foundation-Douglas Young

**Address:** 7907 Ostrow St., Suite F, San Diego, CA 92111

**Phone:** (858) 300-8282

**Schools:** Carver Elementary  
Cherokee Point Elementary  
Clairemont High  
Crawford High  
Hardy Elementary  
Ibarra Elementary  
Jackson Elementary  
Mann Middle  
Marshall Elementary  
Marston Middle  
Mira Mesa High  
Walker Elementary  
Wangenheim Middle

**Provider:** Logan Heights Family Counseling Center-

**Address:** 2204 National Ave, San Diego, CA 92113

**Phone:** (619) 515-2355

**Schools:** Balboa Elementary  
Burbank Elementary  
Cesar Chavez Elementary  
Emerson Bandini-Elementary (may not be there)  
Encanto Elementary  
Keiller Leadership Academy  
King Chavez Academy  
Logan Elementary  
Memorial Academy  
Normal Heights Academy

**Provider:** Mental Health Systems

**Address:** 9465 Farnham St., San Diego, CA 92123

**Phone:** (858) 573-2600

**School:** Venture Day Treatment

## **School District: San Diego Unified (Continued)**

**Provider:** Mental Health Systems-School-Based Program

**Address:** 4660 Viewridge Ave., San Diego, CA 92123

**Phone:** (858) 278-3292

**Schools:** Audubon

Carson Elementary

FARB Middle

Kearny High

Linda Vista Elementary

Mission Bay High

Montgomery Middle

Pacific Beach Middle

Serra High

Taft Middle

Twain High

**Provider:** Providence

**Address:** 4660 El Cajon Blvd. Suite 210, San Diego, CA 92115

**Phone:** (619) 640-3266

**Schools:** Euclid Elementary

Franklin Elementary

Hamilton Elementary

Monroe Clark Middle

North Park Elementary

Oak Park Elementary

Rosa Parks Elementary

**Provider:** Rady Children's Hospital San Diego-Central Region, School based Outpatient

**Address:** 3665 Kearny Villa Rd., Suite 165, San Diego, CA 92123

**Phone:** (858) 966-5832 Extension 3794

**Schools:** Bell Jr. High

Hoover High

Morse High

Wilson Middle

**Provider:** Rady Children's Hospital San Diego Outpatient Psychiatry-Riley School  
Program-Central School based Outpatient

**Address:** 5650 Mount Ackerly Dr., San Diego, CA 92111

**Phone:** (858) 966-8659 or (858)966-5832 Extension 3201

**Schools:** Riley

## **School District: San Diego Unified (Continued)**

**Provider:** San Diego Unified School District Intensive Outpatient Program

**Address:** 5650 Mount Ackerly Dr., San Diego, CA 92111

**Phone:** (858) 627-7596

**Schools:** Crawford High-Intensive Outpatient Program

Roosevelt Middle-Intensive Outpatient Program

**Provider:** San Diego Unified School District-Mental Health Resource Center

**Address:** 2351 Cardinal Ln., Annex B, San Diego, CA 92123

**Phone:** (858) 573-2228

**Schools:** ALBA Elementary

ALBA Middle

ALBA High

Balboa Elementary Preschool

Euclid Elementary Preschool

Kimbrough Elementary Preschool

Linda Vista (to be determined)

Marcy Adolescent

Marcy Child

New Dawn High

Unified Day School

**Provider:** Social Advocates for Youth (SAY)

**Address:** 5348 University Ave, Suite 201, San Diego, CA 92105

**Phone:** (619) 283-9624

**Schools:** Central Elementary

Horton Elementary

O'Farrell Community

**Provider:** Union on Pan Asian Communities

**Address:** 1031 25<sup>th</sup> St., San Diego, CA 92102

**Phone:** (619) 232-6454

**Schools:** Chollas/Mead Elementary

Edison Elementary

Gompers Charter Middle

Hoover High

Knox Elementary

Lincoln High

Porter Elementary

Valencia Park Elementary

Webster Academy

## **School District: San Diego Unified (Continued)**

**Provider:** YMCA-Therapeutic Interventions Designed to Empower Students (TIDES)

**Address:** 4080 Center St., Suite 102, San Diego, CA 92103

**Phone:** (619) 543-9850

**Schools:** Birney Elementary  
Community  
Kimbrough Elementary  
Perkins Elementary  
Roosevelt Middle  
San Diego High  
Washington Elementary

## **School District: San Dieguito Union High**

**Provider:** Rady Children's Hospital San Diego North Coastal

**Address:** 3142 Vista Way, Suite 205, Oceanside, CA 92056

**Phone:** (760) 758-1480

**School:** San Dieguito Academy

## **School District: San Marcos Unified**

**Provider:** MHS CAT Community Assessment Team (CAT) YAR (Youth at Risk)

**Address:** 240 S Hickory St., Escondido, CA 92025

**Phone:** (760) 747-0205

**Schools:** Discovery Elementary  
Mission Hills High  
Richland Elementary  
San Marcos High  
San Marcos Middle  
San Elijo School

**Provider:** Rady Children's Hospital San Diego Outpatient Psychiatry North Coastal

**Address:** 3142 Vista Way, Suite 205, Oceanside, CA 92056

**Phone:** (760) 758-1480

**Schools:** Alvin Dunn Elementary  
San Marcos Elementary  
Twin Oaks Elementary  
Woodland Park Middle

**Provider:** San Diego Center for Children

**Address:** 3002 Armstrong St., San Diego, CA 92111

**Phone:** (858) 279-2763

**Schools:** Discovery Hills Day Treatment  
Discovery Valley Day Treatment

## **School District: Santee**

**Provider:** Rady Children's Hospital San Diego Outpatient Psychiatry-East Region, School based Outpatient

**Address:** 3665 Kearny Villa Rd., Suite 165, San Diego, CA 92123

**Phone:** (858) 966-5832 Extension 3794

**Schools:** Hill Creek  
Pepper Drive  
Prospect Avenue  
Rio Seco  
Sycamore

**Provider:** San Diego Youth Community Services-East

**Address:** 1870 Cordell Ct. #101, El Cajon, CA 92020

**Phone:** (619) 448-9700

**Schools:** Cajon Park  
Carlton Hills  
Chett Harritt  
Carlton Oaks  
Opportunity

## **School District: San Ysidro**

**Provider:** San Ysidro Health Center Behavioral Health Group

**Address:** 1275 30<sup>th</sup> St., San Diego, CA 92154

**Phone:** (619) 428-1330

**Schools:** San Ysidro Middle  
Smythe Elementary  
Sunset Elementary  
Willow Elementary

**Provider:** Rady Children's Hospital San Diego Outpatient Psychiatry-South Region, School-based Outpatient

**Address:** 3665 Kearny Villa Rd., Suite 165, San Diego, CA 92123

**Phone:** (858) 966-5832 Extension 3794

**Schools:** Beyer Elementary  
Smythe Elementary  
Sunset Elementary

**Provider:** Youth Enhancement Services (YES)

**Address:** 3025 Beyer Blvd., Suite E101, San Diego, CA 92154

**Phone:** (619) 428-5533

**Schools:** San Ysidro Middle  
Smythe Elementary  
Sunset Elementary  
Willow Elementary

## **School District: South Bay Union**

**Provider:** Prime Health Care. Inc. Advocating, Listening, & Leading Youth ALLY) South  
**Address:** 330 Moss St., Chula Vista, CA 91911  
**Phone:** (619) 585-4228

**Schools:** Bayside Elementary  
Berry Elementary  
Central Elementary  
Emory Elementary  
Howard Pence Elementary  
Imperial Beach Elementary  
Mendoza Elementary  
Nicoloff Elementary  
Oneonta Elementary  
Sunnyslope Elementary  
Westview Elementary

## **School District: Sweetwater Union High**

**Provider:** San Ysidro Health Center Behavioral Health Group  
**Address:** 1275 30<sup>th</sup> Street, San Diego, CA 92154  
**Phone:** (619) 428-1330

**Schools:** Life School Day Treatment  
Mar Vista High  
Mar Vista Middle  
Montgomery High  
Montgomery Middle  
San Ysidro High  
Southwest High  
Southwest Middle

**Provider:** Prime Health Care. Inc. Advocating, Listening, & Leading Youth (ALLY) South  
**Address:** 330 Moss St., Chula Vista, CA 91911  
**Phone:** (619) 585-4228

**Schools:** Castle Park Middle School  
Castle Park High  
Palomar High School  
Southwest Middle

**Provider:** San Diego Center for Children  
**Address:** 3002 Armstrong St., San Diego, CA 92111  
**Phone:** (858) 279-2763

**Schools:** Intensive Outpatient Program

**Provider:** South Bay Community Services  
**Address:** 1124 Bay Blvd., Suite D, Chula Vista, CA 91911  
**Phone:** (619) 420-3620

**School:** Southwest Middle



## **School District: Sweetwater Union High (Continued)**

**Provider:** South Bay Community Services South

**Address:** 1124 Bay Blvd., Suite D, Chula Vista, CA 91911

**Phone:** (619) 420-3620

**Schools:** 5<sup>th</sup> Ave Academy  
Castle Park Elementary  
Castle Park High  
Chula Vista High  
Chula Vista Middle  
Granger Junior  
Hilltop Middle  
Mar Vista High  
Mar Vista Middle  
Montgomery High  
Montgomery Middle  
National City Middle  
Palomar High  
San Ysidro High  
Southwest High  
Sweetwater High

**Provider:** Youth Enhancement Services (YES)

**Address:** 3025 Beyer Blvd. Suite E101

**Phone:** (619) 428-5533

**Schools:** Mar Vista Middle  
Mar Vista High  
Montgomery Middle  
Montgomery High  
San Ysidro Middle  
San Ysidro High  
Smythe Elementary  
Southwest High  
Southwest Jr. High  
Willow Elementary

## **School District: Valley Center-Pauma Union**

**Provider:** Palomar Family Counseling Services North County North Inland

**Address:** 1002 East Grand Ave, Escondido, CA 92025

**Phone:** (760) 741-2660

**Schools:** Lilac  
Oak Glen High  
Pauma Valley Elementary  
Valley Center Middle  
Valley Center Primary  
Valley Center High School

## **School District: Vista Unified**

**Provider:** North County Lifeline  
**Address:** 200 Michigan Ave, Vista, CA 92084  
**Phone:** (760) 726-4900

**Schools:** Grapevine Elementary  
Olive Elementary  
VAPA  
Vista High School  
Washington Middle School

**Provider:** Palomar Family Counseling Service, Inc  
**Address:** 1002 East Grand Ave, Escondido, CA 92025  
**Phone:** (760) 741-2660

**Schools:** Breeze Hill  
Crestview Elementary  
Maryland Elementary  
Monte Vista Elementary  
Rancho Minerva Middle

**Provider:** Rady Children's Hospital San Diego Outpatient Psychiatry North County  
**Address:** 3142 Vista Way, Suite 205, Oceanside, CA 92056  
**Phone:** (760) 758-1480

**Schools:** Bobier Elementary  
Foothill Oak Elementary  
Rancho Buena Vista High

**Provider:** Union of Pan Asian Communities (UPAC) North Coastal  
**Address:** 1031 25<sup>th</sup> St., San Diego, CA 92102  
**Phone:** (619) 232-6454

**Schools:** Beaumont Elementary

## **School District: Warner Unified**

**Provider:** Vista Hill North Inland  
**Address:** 398 D Street, Ramona,  
**Phone:** (760) 788-9724

**Schools:** Warner Springs Elementary  
Warner Springs Junior High  
Warner Springs High

## **Community Information**

**Access and Crisis Line** (800) 479-3339

**San Diego Network of Care for Behavioral Health**  
**<http://www.sandiego.networkofcare.org/mh>**

### **Info-Line**

Information and referral for all Social Services in San Diego County

Central (619) 230-0997

North Coastal (760) 943-0997

North Inland (760) 740-0997

Outlying (800) 227-0997

**Medi-Cal Information** (858) 514-6885

Information on Medi-Cal benefits, applications and various Medi-Cal Programs

**Polinsky Children's Center** (858) 514-4600

County run shelter for children in need of protective services

**San Diego Center for Children**  
**<http://www.centerforchildren.org>**

**Social Security Administration** (800) 772-1213

Main information number to access Social Security benefits and information

## **Support Groups/Self-Help**

### **Albright Information and Referral Center**

Support services for families and friends of the mentally ill

**(619) 543-1434**

**(800) 523-5933**

### **Building Bridges Together**

Information and referral that focuses on the needs of children and youth with emotional, behavioral, or mental disorders and their families

**(888) 843-5800**

### **Alcoholics Anonymous**

Central **(619) 265-8762**

North County **(760) 758-2514**

### **San Diego County Al-Anon Information Office**

**(619) 296-2666**

If you are calling from North County or East of Alpine:

**(800) 690-2666**

### **Children and Adults with Attention Deficit Disorder (CHADD)**

San Diego Chapter **(760) 736-1111**

National Resource Center **(800) 233-4050**

### **Marijuana Anonymous**

**(619) 685-2808**

### **Mental Health America**

Information on mental health, advocacy, and self-help groups

**(619) 543-0412**

### **Narcotics Anonymous**

**(619) 584-1007**

Spanish speaking line **(619) 491-1984**

**(800) 479-0062**

### **National Alliance on Mental Illness (NAMI)**

Education, newsletters, support, and advocacy for persons with mental illness and their families

**(619) 543-1434**

**(800) 950-6264**

## **Mental Health Web Sites**

1. Health and Human Services of San Diego County  
<http://www.sdcounty.ca.gov>
2. San Diego Network of Care for Behavioral Health  
<http://www.sandiego.networkofcare.org/mh>
3. State of California  
<http://www.ca.gov.org>
4. Center for School Mental Health Assistance  
<http://www.csmha.umaryland.edu>
5. American Institutes for Research  
<http://www.air.org>
6. UCLA School Mental Health Project  
<http://www.smhp.psych.ucla.edu>
7. American Academy of Pediatrics  
<http://www.kidsdocs@aap.org>
8. Federation of Families for CMH  
<http://www.ffcmh.org>
9. San Diego Health and Social Service Community  
<http://www.informsandiego.com>
10. Healthy Families  
<http://www.healthyfamilies.ca.gov>
11. Children's Hospital  
<http://www.chsd.org>
12. Bi-Polar Kids  
<http://www.bpkids.org>
13. ARC of San Diego  
<http://www.arc.sd.com>
14. Office of Patient Advocate of California  
<http://www.o.p.a.ca.gov>
15. Department of Managed Health Care  
<http://www.dmhca.ca.gov>
16. National Alliance of Mentally Ill  
<http://www.nami.org>

## **CMHS Provider Resource Manual Edits/Updates**

NAME OF ORGANIZATION/AGENCY: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

HOURS OF OPERATION: \_\_\_\_\_

ELIGIBILITY/POPULATION: \_\_\_\_\_

SERVICES: \_\_\_\_\_

\_\_\_\_\_

CULTURAL/LINGUISTIC SERVICES: \_\_\_\_\_

\_\_\_\_\_

SPECIALTY POPULATIONS: \_\_\_\_\_

\_\_\_\_\_

PARENT ORGANIZATION: \_\_\_\_\_

CONTACT/TITLE: \_\_\_\_\_

OTHER: \_\_\_\_\_

If you have any revisions, edits, and or comments, please complete this form and send to Edith Mohler:

Children's Mental Health Services  
Administration  
P.O. Box 85524 – MS: P-531C  
San Diego, CA 92186-5524

619-563-2746 / Fax: 619-563-2775

Or e-mail: [edith.mohler@sdcounty.ca.gov](mailto:edith.mohler@sdcounty.ca.gov)